



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ernst, Tino

Club: SV Town&Country Behringen-Sonneborn
Number: 1298

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:11

Speed: 13.28 km/h

Running performance: 4:31 min/km

Rank in course/Total: 134 (of 637)

Rank in course/Men: 129 (of 493)

Best time in course: 31:35

Rank in category: 51(of 133)

Best time in the category: 32:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	9:13	4:36	49	2:56	148	2:56	2.00	9:13	4:36	40	2:56	50	2:56
Runde Langstrec	2.00	9:02	4:30	55	2:39	146	2:39	4.00	18:15	4:33	48	5:35	117	5:35
Runde Langstrec	2.00	9:09	4:34	54	2:41	137	2:41	6.00	27:24	4:33	48	8:16	117	8:16
Runde Langstrec	2.00	9:07	4:33	49	2:43	121	2:43	8.00	36:31	4:33	48	10:59	116	10:59
Leichtathletikhal	2.00	8:40	4:19	45	2:11	100	2:37	10.00	45:11	4:31	51	13:10	129	13:36